

ABSTRACT OF THE DISCLOSURE

The present invention relates to a serving tray comprising a planar member having a peripheral edge, a top surface dimensioned to receive a load of items and a bottom surface having a bearing portion adjacent to the edge. The bearing portion is dimensioned to rest on a user's forearm and the peripheral edge has a portion with a form permitting the load to be positioned in close proximity to the user's body. The invention further relates to methods for a user to stabilize a serving tray when carrying, loading, or unloading items on the tray as well as to methods for a user to carry items on a serving tray and unload the items therefrom.